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J C WRAY

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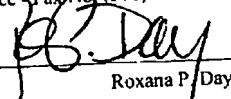
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Roxana P. Day

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BOARD OF PATENT APPEALS AND INTERFERENCES**

In re Application of

Larry HUFFMAN

Appeals Specialist: Darlene Brown

Serial No. 10/728,961

Filed: December 8, 2003

For: ABDOMINAL AND BODY EXERCISE DEVICE

APPEAL BRIEF

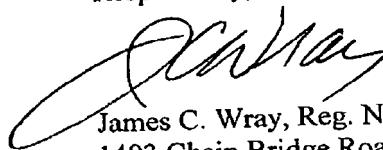
In response to the paper dated 11/25/2008:

Kindly replace page 7 of the Appeal Brief with the attached page 7, as instructed at the
bottom of page 2 of the office action.

CONCLUSION

Reversal of the examiner and allowance of all claims are requested.

Respectfully,



James C. Wray, Reg. No. 22,693
1493 Chain Bridge Road, Suite 300
McLean, Virginia 22101
Tel: (703) 442-4800
Fax: (703) 448-7397

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SUMMARY OF CLAIMED SUBJECT MATTER

The invention is an exercise apparatus as claimed in independent claims 1 and 10 (and dependent claims 2-9) and a method of exercising with the apparatus of claim 10 as claimed in method claim 11 (and dependent method claims 12-20).

The invention set forth in independent claim 1 comprises a double acting sealed cylinder 7, a piston rod 11, and first and second spaced parallel bars 3, 5 connected to opposite ends 15, 13 of the piston rod 11 and cylinder 7. Grip 9 provides gripping of a bar with one or two hands or with body members. Resistance resists movement of the piston rod toward the first end 13 or second end 15. (Figures 1-4, page 8 line 15- page 9 line 2) The invention is shown in Figures 1-4 and described in pages 8-10 and the upper half of page 13 of the specification.

Resistance is on both sides of the piston as the piston is moved through cylinder 7, claim 2 (Figures 1-4, page 9 lines 1, 2). Resistance is adjustable (17), claim 3 (Figures 2-5, page 9 lines 12-16). Resistance is variable (17), claims 4, 5 (Figures 2-5, page 9 lines 16-20).

The invention set forth in independent claim 10 includes a double acting cylinder 7, a ram 11, a first mounting ring 13 on the cylinder 7 and a second mounting ring 15 on the ram 11. A passage between ends of the cylinder has a restriction (device 17, Figures 1-4) in the passage for controlling flow of fluid between opposite ends of the cylinder (page 16, lines 1-3; page 5, lines 5-7). First and second handles 5, 3 have opposite equal length ends. Foam padded grips 9 are mounted on ends of the first and second handles. The invention is shown in Figures 1-4 and described in pages 8-10 and the upper half of page 13 of the specification.

The invention set forth in the method claims 11-20 points out steps of using the apparatus of claim 10 as shown in Figures 5A-11B and described in specification pages 10-12 and the lower half of page 13.